



Roasted Lamb Rump & Israeli Couscous Salad

with Garlic Feta Greens & Truffle Mayo

AL FRESCO

Grab your Meal Kit with this symbol



Garlic & Herb Seasoning



Israeli Couscous



Chicken-Style Stock Powder



Green Beans



Baby Cauliflower



Cherry Tomatoes



Lemon



Garlic



Pine Nuts



Rocket Leaves



Balsamic Glaze



Italian Truffle Mayonnaise



Lamb Rump



Cow's Milk Feta

Prep in: 35-45 mins
Ready in: 45-55 mins

Embrace the balmy summer days and nights while you dine outdoors with our delicious Al Fresco recipes. These satisfying share-style meals are packed with fresh and seasonal ingredients, perfect for entertaining.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Oven tray lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
Israeli couscous	1 packet	2 packets
chicken-style stock powder	1 sachet	1 sachet
	(5g)	(10g)
green beans	1 bag (100g)	1 bag (200g)
baby cauliflower	1 bag	1 bag
cherry tomatoes	1 punnet	1 punnet
lemon	½	1
garlic	2 cloves	4 cloves
pine nuts	1 packet	2 packets
cow's milk feta	½ packet (95g)	1 packet (190g)
rocket leaves	1 small bag	1 medium bag
balsamic glaze	1 bottle (25ml)	2 bottles (50ml)
Italian truffle mayonnaise	1 packet (40g)	2 packets (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4383kJ (1048Cal)	752kJ (180Cal)
Protein (g)	54.2g	9.3g
Fat, total (g)	59.8g	10.3g
- saturated (g)	27.7g	4.8g
Carbohydrate (g)	49.1g	8.4g
- sugars (g)	13.5g	2.3g
Sodium (mg)	2250mg	386mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Roast the lamb

- Preheat oven to **220°C/200°C fan-forced**. Lightly score **lamb** fat in a criss-cross pattern.
- Place **lamb**, fat-side down, in a large frying pan (no need for oil!). Place pan over medium heat and cook, undisturbed, until golden, **10-12 minutes**.
- Meanwhile, combine **garlic & herb seasoning** and a splash of **water** in a small bowl. Season.
- Increase heat to high and sear **lamb rump** on all sides for **30 seconds**.
- Transfer **lamb**, fat-side up, to a lined oven tray. Use back of a spoon to spread **seasoning mixture** over the **lamb**. Roast for **15-20 minutes** for medium or until cooked to your liking.
- Remove **lamb** from the oven, cover with foil and set aside to rest for **10 minutes**

TIP: Starting the lamb in a cold pan helps the fat melt without burning.

TIP: The lamb will keep cooking as it rests!



Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **baby cauliflower**, tossing, until tender, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Season with **salt** and **pepper**.
- Transfer to a serving plate and sprinkle over **cow's milk feta** (see ingredients).



Make the couscous

- While the lamb is roasting, boil the kettle.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling **water**, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return **couscous** to the pan with **chicken-style stock powder** and a drizzle of **olive oil**.



Toss the salad

- To the drained couscous, add **cherry tomatoes**, **rocket leaves**, **lemon zest** and a good squeeze of **lemon juice**. Season and toss to combine.
- Transfer to a serving bowl, then drizzle over **balsamic glaze** and garnish with **pine nuts**.



Get prepped

- Trim **green beans**. Trim **baby cauliflower** (halve any thick stalks lengthways).
- Halve **cherry tomatoes**. Zest **lemon**, then cut into wedges. Finely chop **garlic**.
- Return the frying pan to medium-high heat. Toast **pine nuts**, tossing, until golden, **2-3 minutes**. Transfer to a bowl and set aside.



Serve up

- Slice lamb and serve with **Italian truffle mayonnaise**.
- Bring everything to the table to serve.
- Help yourself to roasted lamb rump, Israeli couscous salad and garlic feta greens. Enjoy!

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